

SOUTH DAKOTA ARMY AND AIR NATIONAL GUARD

November 2005

FAMILY NEWS

STATE FAMILY READINESS OFFICE

INSIDE:

2006 Camp Dates

**Message from
General Gorman**



**MISSION FIRST,
FAMILY ALWAYS**

Matt Keller at Teen Camp



THANKS TO ALL WHO SERVE!

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Adjutant General Major General Michael Gorman

As we enjoy the beautiful fall weather, our minds begin to focus on the festivities of the last two months of the year. This November is the 10th anniversary of the Armed Services Military Family Month which affords us an opportunity to show our support and

commitment to our military families. Without your family's dedication the South Dakota National Guard would not be the success that it is today. I would like to personally thank all of you for that dedication.

It is this time of year that we especially think of family and friends. Without a doubt, Judy and I think of the Guard as our family and friends. As we prepare for a new year, let's continue to support one another, pray for family members deployed over the holidays, and provide comfort to those who have lost loved ones or have suffered injury.

With the Thanksgiving and Christmas holidays approaching, Judy and I want to again take this opportunity to wish you and yours a happy and safe holiday season.

Happy Holidays,
Mike & Judy Gorman



*"Never forget to thank
your families
often...they are the
unsung heroes behind
us all."*

*LTC Tracy Settle
GX Magazine*

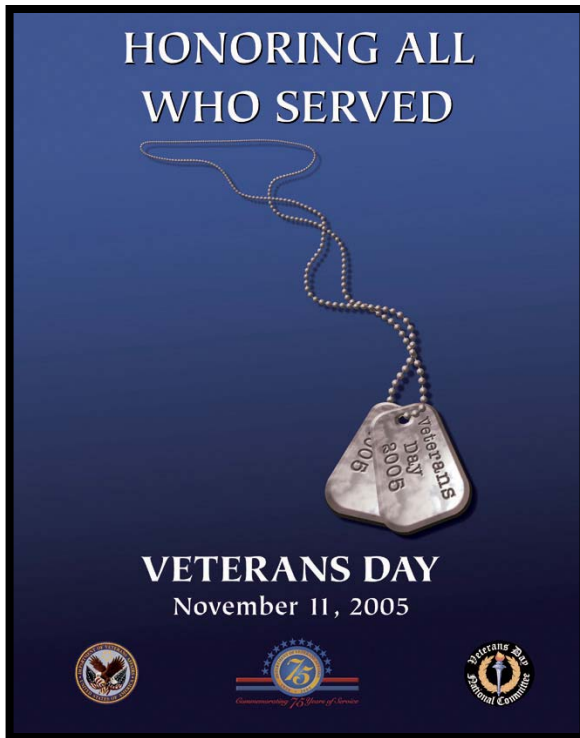
Family Readiness Website

The Family Readiness website can be found at <https://sdguard.ngb.army.mil>. It is our hope that you will find this site useful and beneficial. Our intent is to keep you informed of the many changes and benefits that affect you - our military family. Please take the time and visit our entire site, we will strive to keep it updated with the latest information. You will find links and information about unit family readiness groups, state services available and several national links. We have worked hard to provide as much information as we can; we hope this will be a one-stop information center for you.

Your state advisory council is committed to serving you, not only in times of deployments but throughout your entire military service. We look forward to providing the highest level of quality, professional service that you deserve. Please provide us your thoughts and recommendations about our site.

<https://sdguard.ngb.army.mil>

THANKS TO ALL WHO SERVE!



Military Family Month November 2005

Formally established in 1996, this November marks the 10th Anniversary of the Armed Services YMCA's Military Family Month (MFM). Military Family Month is a time to demonstrate the nation's support for, and commitment to, the families of military personnel.

This year MFM is especially important, as hundreds of thousands of service members are currently deployed overseas, (primarily in Iraq and Afghanistan). Therefore, the recognition of sacrifices that military families make everyday has never been more important.



Art contest information is on Page 11.

VA Mental Health Department

All of our South Dakota VA Hospitals have coordinated support group meetings for our returning service members. For additional information about the support groups or how to obtain individual counseling contact:

VA Crisis Hot line 1-800-316-8387 ext 6850

Ft. Meade 1-800-743-1070 ext 7088

Sioux Falls 1-800-827-1000



Vet Center

Free services available to service and family members for professional readjustment counseling, community education, family counseling, substance abuse counseling and many more services to assist our transitioning service members and families.

Contact: **Sioux Falls: 605-330-4552**

Rapid City: 605-348-0077

Military ONESOURCE

A variety of resources to include counseling are available through Military ONESOURCE. Per request, service member and dependents can receive up to 6 FREE counseling sessions per life issue with a private counselor. Contact Military ONESOURCE:

www.militaryonesource.com

User id: military / Password: onesource

Phone: 1-800-342-9647



Michele Anderson

Family Assistance Coordinator
1-800-658-3930 / 605-737-6079

or

michele.anderson@sd.ngb.army.mil



TRICARE

For those service members covered under TRICARE, counseling is available for the service member and dependents. It is recommended that service members contact TRICARE to obtain any pre-authorizations if necessary prior to appointment. Obtaining services from a TRICARE Network Provider is recommended.

TRIWEST 1-888-TRIWEST

Family Assistance Center 1-800-658-3930 / 605-737-6079

Chaplains

For spiritual needs Chaplains are available upon request through the Family Assistance Center.

Family Assistance Center 1-800-658-3930



If an emergency occurs please contact 911. After hours phone number for the Family Assistance Center is 605-381-2859.

The Family Assistance Center is available for resource information. Representatives of the Family Assistance Center are not qualified to provide counseling services.

Mark your calendars! The Family Readiness Office has scheduled the following training for 2005 – 2006. Training is primarily for civilian volunteers but military personnel are also welcome. There is no fee. Volunteers are placed on an Invitational Travel Authorization which covers mileage, food & lodging. For more information and the most current dates and locations, log onto <https://sdguard.ngb.army.mil> and go to the Family Readiness Program link – then training / workshops.

TRAIN THE TRAINER

December 9 – 11, 2005

Sioux Falls, SD

Begins Friday evening and concludes Noon Sunday.

Individual class presentation required.

LEAD VOLUNTEER TRAINING

January 14, 2006

9AM to 4:30PM

Chamberlain, SD

(This class for appointed Lead Volunteers of FRGs)

BASIC VOLUNTEER TRAINING (For All Volunteers)

February 11, 2006

9AM to 4PM

Sioux Falls, SD

TRAIN THE TRAINER

February 24-26, 2006

Rapid City, SD

Begins Friday evening and concludes Noon Sunday.

Individual class presentation required.

BASIC VOLUNTEER TRAINING (For All Volunteers)

March 18, 2006

9AM to 4PM

Pierre, SD

REUNION / REDEPLOYMENT TRAINING

April 15, 2006

9AM to 4PM

Sioux Falls, SD

LEAD VOLUNTEER TRAINING

May 6, 2006

9AM to 4PM

Pierre, SD

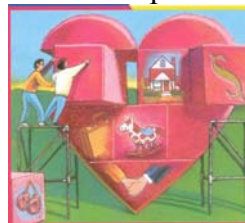
(This class for appointed Lead Volunteers of FRGs)

Our office will also come to your location to conduct classes pertaining to Family Readiness. Contact us to make arrangements. Dates for training to include PREP are subject to change based on funding and enrollments. Enrollment deadlines are one week prior to training. Room reservation deadlines are much earlier



PREP®

(Prevention and Relationship Enhancement Program)



The South Dakota National Guard Family Readiness Office and the State Chaplain's Office have teamed up to offer you this outstanding marriage enrichment workshop.

PREP® is **NOT** therapy. There are **NO** "encounter" groups or sharing of personal concerns. There **ARE** simple insights on how to achieve a more loving, growth-filled relationship!

PREP® begins with teaching effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship. Couples spend most of their time in special discussions or practicing skills with each other.

The workshop begins Friday evening at 6:30PM and concludes at noon on Sunday. Spouses will be on an Invitational Travel Authorization for the workshop. Thus far we have been able to pay military members either by attending in split-training status, coming on a drill weekend in drill status or other types of funds with per diem authorized for meals. Day care will not be provided but you can be reimbursed your cost (as per Family Readiness guidelines, \$2 per hour, per child for the time spent in the classroom). All costs will be covered or reimbursed except for the \$20 (per couple) nonrefundable registration fee.

Register NOW to ensure your spot:

- Please log onto

<https://sdguard.ngb.army.mil>

and go to the Family Readiness Program link, then go to Training and Workshops -

♥ Complete the registration form and mail it to the indicated address.

♥ Please include the \$20 registration fee.

Make checks payable to Family Readiness.

- March 24-26, 2006

Chamberlain, SD

- April 7-9, 2006

Deadwood, SD

- August 18-20, 2006

Sioux Falls, SD

For questions or further details

♥ Call the Family Readiness Office at

1-800-658-3930 / 605-737-6079

OR

♥ Email at:

familyprogram@sd.ngb.army.mil

Lead Volunteer

"Mission First – Families Always" is the Family Readiness Program motto.....

As the status of the units change, so does the direction and roll of the lead volunteer and the program....

In a non-deployed status – we are continuing to have meetings. The only difference is that we are back to the readiness (preparing for mobilization) and retention mode.

In a deployed status – we are there to provide support more than for readiness.

Please don't hesitate to contact your unit Lead Volunteer, if you have any questions, concerns, ideas or would like to get involved as a volunteer, if you are unsure of who your lead volunteer is, please contact the State Office at 1-800-658-3930.

Thanks to the Lead Volunteers for all of their great work!



Sustaining Family Readiness Programs!

In units that are no longer deployed, it is unrealistic to think our Family Readiness Groups would operate at the level they were during deployment. However we must maintain certain activities to help ensure unit programs are sustained leaving a foundation in place for mobilizations.

Some activities that are critical to the sustainment of unit programs are the continued flow of information and education to families through newsletters, training sessions and briefings. Development of a sponsorship program to welcome new families into the unit, maintaining and periodically testing the FRG's telephone tree, unit social events and functions involving the entire family are also important activities. Additionally, inclusion of family readiness on the unit's yearly training calendar and involvement of family members in annual, unit readiness exercises is imperative. Attendance at State Family Readiness training and workshops will help keep volunteers abreast of the most current family readiness information.

As an additional resource, we have placed a Family Readiness Handbook and a Family Readiness power point presentation on the website (<https://sdguard.ngb.army.mil>). This handbook and class will be helpful for anyone, but especially for lead volunteers and commanders. It will provide guidance and answer questions regarding Family Readiness requirements for units.

If you have questions or concerns, please notify our office at 1-800-658-3930 / familyprogram@sd.ngb.army.mil



2005 State Family Readiness Workshop

The State Family Readiness annual workshop was held in Sioux Falls, September 16-18. Our theme, *Homefront Heroes*, focused on recognizing and honoring all those who have supported and are supporting our families and service members during the state's numerous deployments.

Friday evening found commanders and lead volunteers attending a class on family readiness and how to improve their unit's program, and then socializing with other workshop participants at the Friday evening social.

On Saturday, CSM Holland, Senior Enlisted Advisor to the Assistant Secretary of Defense for Reserve Affairs shared information from the National level. VJ Smith from SDSU shared an inspirational message about "Marty – The Richest Man in Town" which focused on the wealth that comes from giving of ourselves in service to others. We also learned about the Guard Family Action Plan, a grass roots program that family members can use to submit issues concerning families. GFAP provides another option to be heard and promote change. Reunion issues were also discussed in an effort to gain an understanding to help our families still transitioning after deployment and those still facing reunion.



CSM Holland
SCSM Birnbaum



**Military Member of the Year
South Dakota Air National Guard
Lori Hoop**



**Family of the Year Award
South Dakota Air National Guard
Bruce & Cathy Anderson
Family**



**Volunteer of the Year
South Dakota Air National Guard
Arla Ruiter**



**Military Member of the Year
South Dakota Army National Guard
Steve DeSpiegler**



**Army National Guard
Family of the Year
Lucas & Laura Lentsch Family**



**Army National Guard
Volunteer of the Year
Chrissy Paul**



**National Military Family Association (NMFA)
Family Award Winner
Jay, Sharon, Kelsey, Lauren & Sam Roberts**



Staff Sgt. Jay Roberts, along with his wife, Sharon; daughters Kelsey, Lauren, and son, Sam were presented the National Family Association Family Award by Lt. Gen. H. Steven Blum, Chief of the National Guard Bureau in Arlington, Va., on September 13, 2005.

Military families know that military service is not a job – it's a way of life and often presents unique challenges that civilian families will never face.

“Not all people that serve, wear the uniform. Isn't that right, Sharon?” Blum said during the luncheon. “Sacrifices are sometimes harder for the families than for the Soldiers. Sometimes, the families worry more about the Soldiers, that Soldiers worry about themselves.”

“Family Support almost became a second family while dad was deployed,” Sharon said. “Through the Family Support Program, we were all able to meet people who understood what we were going through on a daily basis.”

The Roberts family received \$2,000 and the trip to Washington, D.C., to be honored the luncheon sponsored by Nestle. As the grand prizewinners, they also had the opportunity to present a \$1,000 check in their name to a charity of their choice – the South Dakota STARBASE Program.

When asked what she would like to tell other military families about Family Support Program, Sharon Roberts said, “Family Support is what you make it! If you come and get involved it can become a true support system. People who come and get involved learn that they have a common bond which in turn pulls them together.”

Any Active duty, National Guard, Reserve and retired family of the seven uniformed services, as well as the families of fallen service members, or families of wounded service members who were injured on duty the past three years and have since been discharged are eligible for the award.

Retirement

Finding a rewarding activity begins with thinking about the activities you love most (or loved when you were younger). Which activities have given you the most pleasure or satisfaction? Why did you enjoy them? Your answers will give you clues to the activities that may be most rewarding for you in midlife. For example, if you loved baseball cards as a child, ask yourself why you enjoyed them so much. Did you like building a collection? Trading cards with friends? Learning about your favorite players? Was the military a rewarding career?

If you enjoyed the camaraderie and want to stay involved with your unit, maybe volunteering with the Family Program in your community would be a rewarding activity. Ask a commander, 1SG or volunteer in the unit how you can become a volunteer with a unit or call the Family Program Office 1-800-658-3930.

Military Onesource is a great source for retirement concerns. For help, big or small, call or visit Military Onesource online. Anytime. Anywhere. 24/7. 1-800-342-9647 or www.militaryonesource.com User ID: military / Password: onesource



NEWS AND INFORMATION FROM THE STATE CHAPLAIN'S OFFICE

Full-time Chaplain

We would like to welcome Chaplain (Major) Lynn Wilson as our full-time chaplain. Chaplain Wilson is the South Dakota National Guard's first full-time chaplain. He and his wife, Tracy, will move to Rapid City in November. As full-time chaplain, Chaplain Wilson will work closely with the Family Readiness Office. In conjunction with part-time Guard Chaplains, he will provide for or coordinate pastoral counseling, referrals, and education to soldiers, airmen and their families. Chaplain Wilson's office will tentatively be located in the Family Readiness Office (Building 520) on Camp Rapid.

Did you Know...

- Chaplains come from various faith groups and reach out to ALL personnel and their families, serving people of all faiths
- Chaplains are commissioned officers, yet they fill all the roles of religious leaders – spiritual leader, counselor, teacher, and friend
- Your Chaplain can help you and your family meet the special challenges of military service
- On behalf of the commander, Chaplains provide and perform religious support to ensure the free exercise of religion
- Your chaplain is accessible to you and knows of available resources
- To contact a chaplain, call the Family Readiness Office at 1-800-658-3930 or 737-6079

“Chappy’s Corner”

Chaplain (MAJ) Dave Gunderson of the 147th Field Artillery Brigade in Sioux Falls publishes a monthly “Chappy’s Corner.” If you would like to read his message which includes humor, stories, advice, and Bible scripture, go to the Family Readiness Website at <https://sdguard.ngb.army.mil>





FREE Educational Service
Available to all Service members and Families

DISCOVER is a web based program using interactive technology to deliver effective career guidance and information to students and adults all across the nation.

DISCOVER can help you explore a career, access training, or teach job search skills.

Don't have a clue what you want to "be" when you grow up?

Are you in the workforce and now looking for a different career?

Have you decided to go to college or go back to finish your degree?

Do you need help selecting a major or program of study?

Do you need technical training to get one of those fast-growing "techie" jobs?

So many kinds of schools.... college, community college, career/technical, distance learning. which one is best for you?

What are your educational opportunities in military service?

DISCOVER can help with all these situations and more.

DISCOVER offers guidance and information to help you make these important career and educational decisions.

For more information and to obtain a TOKEN for the website, contact MAJ Charles Blasdel at 605-737-6729 or charles.blasdel@us.army.mil

www.act.org/discover/login



GUARD FAMILY TEAM BUILDING

Guard Family Team Building (GFTB) is a specially designed education and training program for and about the National Guard Community. The online modules cover a wide variety of topics most often requested by families and National Guard leadership. GFTB has been specifically developed to educate and empower those within the National Guard Community.

The GFTB Program is designed for everyone: service members, spouses, parents, children, retirees, civilian employees, and interested community members. It helps the Guard "family" by teaching all aspects of life associated with the military, specifically the National Guard.

The following are the courses currently available online:

Introduction to the National Guard
History of the National Guard
Conflict Management & Resolution
Effective Leadership
Stress Management
Resources Around You
Deployment And Reunion
Family Finances
Family Readiness Groups
Introduction To Guard Family Action Plan

Youth Classes now available:

Youth Stress Management
Youth Dealing with Deployment

Log onto www.gftb.org today and take a class.



GUARD FAMILY TEAM BUILDING



youth program



Youth Council Members

State Representative

Scott Logan

Member-at-Large

Alex Meyer

East River Representatives

Kelsey Roberts

Brent Neilan

Vanessa Sween

Central Region Representative

Garrett Kirkpatrick

West River Representatives

Michael Rensch

Jessica Van Cleave

Air Guard Representatives

Sarah Callies

Meagan Nimick

Child & Youth Services Coordinator

Kristi "Cricket" Palmer



4-H ~ TEEN Leadership Conference

June 6-9, 2006

South Dakota State University
Brookings, SD

ALL Military Teens are eligible
to apply!!

More information will be
available in February 2006!!!



Youth Camp

The 2006 South Dakota National
Guard Youth Camp for 10-12 year
olds will be held on

JULY 23 - 28, 2006 in Rapid City

Registration forms will be
available in February 2006. For
more information, please call
605-737-6086 or email at
kristi.palmer@sd.ngb.army.mil



*You'll always miss 100% of the
shots that you don't take!!*





youth program



Art & Essay Contest ~ 2006

“My Military Family”

If you like to draw or write ~
check out the ASYMCA
Essay & Art contest for 2006.

Log on to: www.asymca for
more information or call
(703) 313-9600 x 10 or email
to tharper@asymca.org

Open to all Military Youth!



Operation: Military Kids



~ 4-H ~
**Serving
Military
Families
in Our
Own
Backyard**



National Guard Youth Program

Are you interested in being a member of National Guard Youth Program? The Youth Volunteer agreement form gives youth the opportunity to be included in the South Dakota National Guard Youth Program. By signing the agreement, youth will be included in youth email groups and mailing lists that will keep them up to date on current activities and events for youth. This is a great way to create friendships and keep in touch with peers. After all, you all have one thing in common – you have a loved one in the South Dakota National Guard.

We would encourage any youth that are eight years old and up that are interested in becoming involved in the South Dakota National Guard Youth Program to read, sign and return the Agreement Form. With permission from your parents or guardians this will include you in a unique group of youth throughout the state.

The Youth Volunteer Agreement form is available online at <https://sdguard.ngb.army.mil>. Go to the Family Readiness link then Youth Activities. If you would like a copy mailed or emailed to you, please call with your request.

If you have any questions or concerns, please contact the Family Readiness Child & Youth Services Coordinator, Kristi

SCHOLARSHIP INFORMATION

It's time for military families to start thinking about what a \$1,500 scholarship could do for their children.

Information and applications for the 2006 Scholarships for Military Children Program will be available in November at commissaries worldwide as well as online at.

<http://www.militaryscholar.org>





**South Dakota National Guard
Family Program Office
2823 West Main Street, Bldg 520
Rapid City, SD 57702**

**PRESORTED
STANDARD
US POSTAGE**



Volunteers...the  of our program!